

MILLIONS OF MINUTES Weekly Physical Activity Log



Name: _____ **Date:** _____

Set your weekly goal

Number of minutes of activity this week: _____

In each box, record the ways in which you were active as well as the total number of minutes you were active for that day.

	Activity (or Activities)	Minutes of Activity
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Total minutes of activity completed: _____

Did you achieve your goal? YES NO

If YES, what helped you? _____

If NO, what barriers did you face? What can you do to combat these barriers? _____

Remember to log your minutes of activity for the week at www.healthyweightin2008.ri.gov



The message is clear—engaging in regular physical activity can have countless benefits! The CDC recommends that Americans engage in 30 minutes of moderate- to vigorous physical activity on five or more days of the week. Whether you have already reached this target or have a different personal goal in mind, *Healthy Weight in 2008* can help by providing some of the resources you need to achieve optimal health. **Join Governor Carcieri and other Rhode Islanders in this challenge to increase physical activity statewide!**

How to begin:

1. Choose an Activity that works for you

- For some, joining a fitness center or the YMCA is the ideal way to get active; others prefer to choose an activity that is home-based or through another organization. Rest assured because there are countless options to choose from! Among other activities, you can become more active by walking, biking, swimming, hiking, dancing, or jogging. Also consider not-so-typical forms of physical activity, such as housework, playing with your kids and gardening. Make your activity something you enjoy so that you are more likely to continue long-term.

2. Set a goal for yourself

- Make it something specific (i.e. Walk 30 minutes, 5 days a week).
- Be realistic; you know what is reasonable given your schedule and current fitness level, so set your goal as something you can attain.
- Give yourself a reasonable time frame during which you want to achieve your goal.

3. Don't allow yourself to get discouraged

- Remember, increasing physical activity takes a lot of work and is a gradual process that's not always easy. Understand that slip-ups do happen; focus on learning from your mistakes.

4. Monitor your progress

- Your success should be something you can measure (such as minutes of activity).
- Use the tracking sheet on the reverse side of this sheet to help you achieve your goal!

5. Reward yourself

- As you work towards your goal, it's important that you recognize and reward your efforts. Treat yourself to something special when you reach a personal milestone. **And remember, work through the challenges and keep on going! You're worth it!**